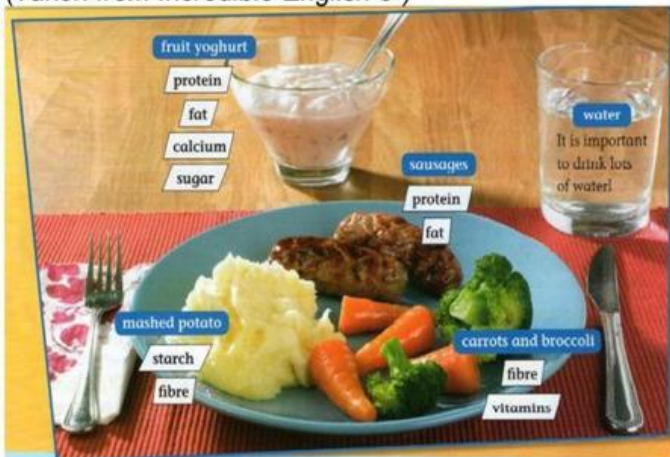


REVIEW WORKSHOP

Name: _____ Grade: _____ Code: _____ Date: _____

(Taken from Incredible English 5^a)



Different foods contain different nutrients. We need to eat a mixture of nutrients every day. Here is a meal with lots of different nutrients in it. We need protein to grow and to keep healthy.

There is protein in meat, fish, milk and beans.

We need carbohydrate to give us energy. There are two kinds of carbohydrate: sugar and starch.

There is starch in bread, rice, pasta and potatoes. There is some sugar in fruit. There is a lot of sugar in sweets, cakes, biscuits and ice cream.

We shouldn't eat a lot of sugar. We need fat for energy. You find fat in lots of foods, for example, cheese, nuts, meat, biscuits, and ice cream. There are different kinds of fat.

We shouldn't eat too much saturated fat, like butter. Unsaturated fat, like olive oil, is healthier.

Our bodies need vitamins to function well. We need to eat different kinds of fruit and vegetables because we need different kinds of vitamins. Oranges, kiwis and peppers have lots of vitamin C.

Vitamin C helps to protect you from infections.

Our bodies need minerals too. Calcium is an important mineral. It helps to keep our bones and teeth strong. There is calcium in milk and cheese. Salt is a mineral but be careful - we shouldn't eat too much salt.

We need fibre to keep our digestive system healthy. There is fibre in fruit and vegetables, and cereals.

Think about your breakfast. What food did you eat? What nutrients did they contain?

1. Read the statements and write T for true and F for false.

- Protein helps us grow and stay healthy. ()
- All kinds of fat are bad for our health. ()
- Vitamin C helps protect us from infections. ()
- Bread and rice are examples of foods with sugar. ()
- We should eat a lot of salt to keep our bones strong. ()

2-Choose the correct word.

- Baked potatoes are less greasy than French fries. (greasy/ healthy/ spicy)
- In a restaurant, the server takes your _____. (menu/ order/ service)
- Many people like _____ on their salad. (dessert/ dressing/ soda)
- Some people rarely cook with spices. They prefer _____ food. (bland/ hot/ rich)
- Strawberry is a popular ice cream _____. (drink/ flavor/ meal)

3- Organize the food according to its group.

bread fish mangoes peas shrimp
chicken grapes octopus potatoes strawberries
corn lamb pasta rice turkey

Meat	Seafood	Fruit	Vegetables	Grains
turkey				

4- Order the sentences.

protein / in / There is / milk / meat / beans / and.

sugar / a lot of / sweets / ice cream / in / and / cakes / is.

calcium / strong / keeps / our / bones / and / teeth.

need / vitamins / bodies / Our / function / to / well.

fibre / vegetables / in / fruit / cereals / and / is.

5- Look at the picture and complete

Fruit yogurt contains nutrients such as _____, _____, and _____.

In addition, carrots and broccoli contain _____, and _____.